

# SENIOR EXERCISE CLASSES

**YOU MAY  
ONLY  
SIGN UP FOR  
ONE CLASS PER DAY.**

**RESISTANCE BANDS  
AND  
DUMBBELLS NOT PROVIDED**

Corona Senior Center  
921 South Belle Avenue. Corona, CA 92882

## city of **Corona** CLASS SCHEDULE

### **Tuesdays**

**CLASS A  
(NO CHAIRS)**

**Cardio & Dumbbells  
10:15 am-10:45 am**

**CLASS B**

**Zumba  
Cardio Dance  
11:00 am- 11:30 am**

### **Thursdays**

**CLASS A**

**Chair Barre & Pilates  
Tai-Chi  
10:15 am- 10:45 am**

**CLASS B**

**Chair Resistance Bands  
11:00am- 11:30 am**

